



AMEDDC&S NEWSLETTER

The AMEDD Center & School...Army Medicine Starts Here!

SEPTEMBER 2012, VOLUME 1, ISSUE 4

TRADOC PLATOON SERGEANT OF THE YEAR ANNOUNCED



Left, Maj. Gen. Bradley May, Commanding General, TRADOC Initial Military Training, and right, Command Sgt. Maj. John Calpena, TRADOC Command Sergeant Major, present Sgt. 1st Class Delroy Barnett, B Company, 187th Medical Battalion, the Combat Medic Trophy, winner of the TRADOC 2012 AIT Platoon Sergeant of the Year Competition held at Fort Eustis, Va., Sept. 24-28. (See page 2)

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Two Soldiers in a Foxhole

Several years ago, former American prisoners of war were interviewed to determine what methods were most effective to break their will. Researchers learned that the prisoners didn't break down from physical deprivation and torture as quickly as they did from solitary confinement or from being moved around and separated from their comrades. The Soldiers actually drew their greatest strength from the friendships and the bonds they formed during their imprisonment. Strength is found in numbers. We need each other. Like two soldiers in a foxhole, one should never go into battle alone! The writer of Ecclesiastes tells us, "Two are better than one...though one may be overpowered, two can defend themselves. A cord of three strands is not easily broken."

CHAP(COL) Daniel Moll , AMEDDC&S Chaplain

Barnett wins TRADOC 2012 AIT Platoon Sgt. Of the Year Competition



Center. Sgt. 1st Class Delroy Barnett, B Company, 187th Medical Battalion at the awards ceremony with, left, 32nd Medical Brigade Command Sgt. Maj. Jayme Johnson and former First Sergeant for the Company, 1st Sgt. Michael Morrill and coach and mentor for Barnett.

The Army's top nine advanced individual training, or AIT, platoon sergeants contended for the title of 2012 AIT Platoon Sergeant of the Year during a competition at Fort Eustis, Va., Sept. 24-28.

SFC Delroy Barnett, a Platoon Sergeant in Bravo Company, 187 Medical BN, won the TRADOC Platoon Sergeant of the Year Competition at FT Jackson. "It was a rigorous, week-long event, and we are extremely proud of him and his accomplishment," said Lieut. Col. Soo Lee Davis, 187th Med. Bn. commander.

The announcement was made at the Initial Military Training Center of Excellence, U.S. Army Training and Doctrine Command awards ceremony at 9 a.m., Sept. 28.

The elite AIT platoon sergeants participated in physical and mental challenges during the competition, which tests their knowledge of Warrior Tasks and Battle Drills, or WTBD, and their ability to teach these tasks to Soldiers in a training setting.

WTBD are the fundamental combat skills that all Soldiers must perform in order to fight and win on the battlefield.

Each competitor appeared before a board of command sergeants major to evaluate their knowledge of leadership and platoon sergeant training tasks. One challenging aspect of the competition is that platoon sergeants are purposely unaware of the tasks they will be required to perform.

AIT platoon sergeants are top-performing professional noncommissioned officers, or NCOs, from virtually all branches of the Army who play a critical role in the success of AIT training. After basic combat training, new Soldiers attend AIT, where they become experts in their specific military occupational specialties, known as MOSs. The AIT platoon sergeants mentor the new Soldiers, working with them after classes and on weekends to teach and reinforce technical lessons and WTBD.

Currently there are more than 700 Army platoon sergeants serving at 24 AIT schools and training centers. These platoon sergeants play a critical role in the success of this training. They set the tone for the new Soldiers' first duty assignments, a direct impact on the readiness of the entire U.S. Army.

Information based on an article located on the TRADOC homepage.

EXCELLENCE IN ACTION!

"Train to Save"

Suicide Prevention Awareness seminar for leaders

On Sept. 19 Maj. Gen. Philip Volpe, Commanding General, Army Medical Department Center & School, hosted a training seminar about Suicide Prevention Awareness in Blesse Auditorium to a packed audience of military and civilian leaders assigned to the Army Medical Department Center & School.

"Why suicide?" asked Volpe. "Because suicide is preventable. We might not be able to prevent every suicide, but it is preventable."

"Quite frankly, suicide is an epidemic in the Army and in the Defense Department, some of the highest rates in the Nation. We need to do quality action, making sure we are doing everything right in our training - change some of the ways to our approaches in suicide prevention," continued Volpe.

Volpe said in 3,000 suicide cases he read, you can definitely see where it could have been prevented.

He said, "You can't prevent everyone of them, but it is preventable by a whole slew of things we can do, whether by their risk factors or getting the help they need."

Volpe said the number one stigma is that young Soldiers believe that their career will be interrupted if they seek help, or they will be labeled as weak.

"Recognize the symptoms and seek help for them," said Volpe.

Risk factors and symptoms to look for include a troubled/terminated relationship; occupational stress, emotional distress; financial challenges; physical health problems; substance use disorders with multiple enrollments in ASAP; negative behaviors, for example, driving under the influence, fighting, recklessness; and involvement in an investigation/legal action.

Volpe said leaders need to know the signs when someone is in crisis, they need to know how to speak to them and where to send them for help.

Volpe said he recommends family members be included in suicide prevention.

"Why, because family members notice the first indicators that something may be wrong. Someone under stress will be recognized by a family member before we recognize it," said Volpe. "We have to figure out a way to get families involved. They know the behavior that is different that may lead to destructive behavior."

Volpe said sharing information about a Soldier's problem is important and that vulnerable times for Soldiers are during transitions such as PCS and ETS because they are away from their buddies and people who know them. Volpe recommends that a Soldier is medically cleared before he/she departs.

He said he doesn't recommend changing out leaders when Soldiers are returning from deployments. They need time to go through their reintegration process.

The seminar featured vignettes and testimonials of members of the Armed Forces who received help for psychological distress or who assisted an individual in need or who lost a loved one by suicide.

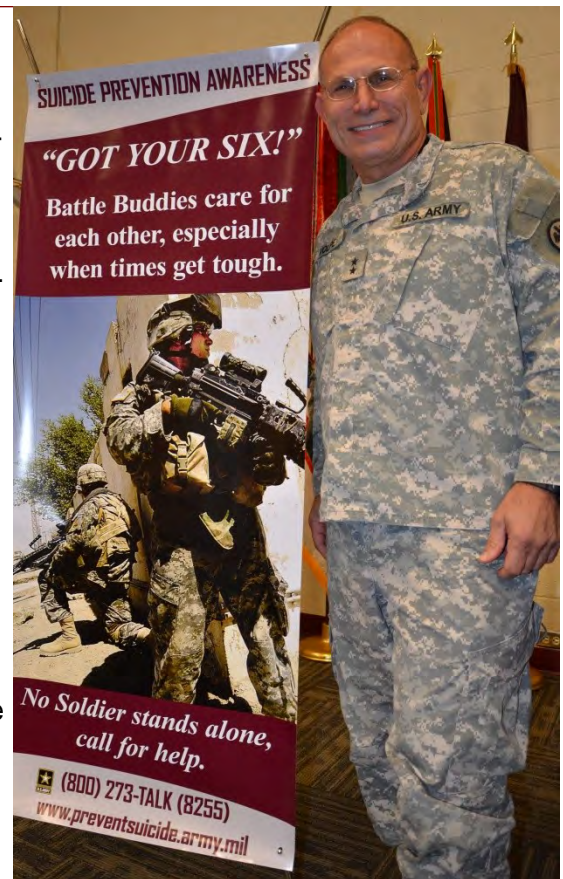
The Installation Suicide Prevention Awareness director provided a terrain walk of the clinics and facilities located on the post available for military members and their families who are seeking help.

Volpe said, "The key point is that we are all human. You can be the best Soldier in the world, but you can't change that you are still human. Life is riddled with ups and downs, in everybody's life, that is part of living in this planet. We all experience tragedies; some people get overwhelmed. Because of resiliency, they don't have the coping skills, the experience, the maturity, or they don't want to get help because of stigma, labeling them, looking at them different, and the sad part is that there is help out there."

He said, "The way I look at suicide, the way to touch Soldiers and many of our civilians - I acquaint to a battlefield. Get an assessment whether you can win this with your team, if you get overwhelmed, call for help, but we have a problem calling for help, seek it.

The seminar ended with a question and answer panel of leaders from AMEDDC&S.

(See page 4)





Col. Randall Anderson, Dean, AHS and Col. William LaChance, Director, Leader Training Center, were among the military leaders who attended the Suicide Prevention Awareness seminar at Blesse Auditorium Sept. 19. "It is great to see our senior leadership involved in these complex problems. Their outreach to our junior leaders and Army civilians is vital to finding solutions to this problem," said Anderson.

SUICIDE PREVENTION AWARENESS

"SCOUTS OUT!"
Leaders make a difference.
Listen.
Observe.
React.
No Soldier stands alone.

(800) 273-TALK (8255) www.preventsuicide.army.mil

Below are Indicators of Distress

Withdrawal from Social Events
Not participating in Activities they
normally enjoy
Hopelessness
Depression
Deterioration of Hygiene
Recent loss of Important People
Chronic Pain
Serious Illness
Poor Functioning
Aggression/Boisterous Behavior
Extreme Mood Swings
Increase/Decrease in Weight

**The CG's
VISION STATEMENT**

A military force and team,
uniformed and civilian, fit in
mind, body and spirit
standing ready to answer the
Nation's Call and serve with
health and distinction.



Senior Leaders/Staff,

The Army joins our Nation in observing National Suicide Prevention Week 10-14 September 2012 and World Suicide Prevention Day 10 September 2012. The Army further designates the entire month of September as "Army Suicide Prevention Month" and will expand its observance with scheduled events occurring throughout the month of September, focusing efforts on total Army Family well being, resilience, stigma reduction and positive results achieved by getting involved and reaching out for help. The Army is committed to the goal of cultivating a climate in which its members will actively engage in help-seeking behaviors when faced

with behavioral health issues and other concerns. Regrettably, for the first time in recent history, the Active Duty Army suicide rate exceeded the demographically adjusted U.S. national civilian rate (17.7) with a rate of 19.6/100K. This is a national tragedy and we must concentrate our collective efforts and resolve toward life preservation.

The following links will provide access to Army Medicine's video and other resources:

TSG's Video Downloadable: <https://www.us.army.mil/suite/doc/37535569>

TSG's Video Youtube: <http://www.youtube.com/watch?v=Zc0CMdFFQP4>

Twitter: <http://t.co/SyjayAB9> #Armymedicine Army Medicine Homepage:

<http://www.armymedicine.army.mil/index.cfm>

Army.mil: <http://www.army.mil/article/86213> Army G-1:

http://www.armyg1.army.mil/hr/suicide/spmonth/leader_message_psa.asp

Serving to Heal....Honored to Serve.

Vr

Pdh

Serving to Heal...Honored to Serve

Patricia D. Horoho
Lieutenant General, U.S. Army
The Surgeon General & CG,
USAMEDCOM



Senior Leader Quote On Suicide

"Suicide prevention is first and foremost a leadership responsibility."

Leon Panetta, Secretary of Defense

"Despite the tough enemies our Army encountered in Iraq and Afghanistan, suicide is the toughest enemy we've faced...And, I'm confident we will defeat this enemy. I've served as a senior leader in the Army and various capacities, across several administrations, and I have never seen a challenge that when Army leadership put their minds to it they weren't able to address it successfully."

Dr. Joseph Westphal, Under Secretary of the Army

"Leaders across our Army recognize that the health of our Soldiers, Army Civilians and Family members is a top priority. We remain committed to doing what is needed to care for our most precious asset—our people--thereby ensuring a healthy and resilient Force for the future."

General Lloyd J. Austin III, Vice Chief of Staff, Army

"We are committed to every Soldier and our efforts are focused on prevention well before the individual chooses suicide as their only option."

LTG Patricia D. Horoho, Army Surgeon General

"Suicide is a Soldier, Family and institutional tragedy that all of us must work to defeat."

LTG Jeffrey W. Talley, Chief, Army Reserve

"The Army's ability and commitment to care for our nation's greatest treasure – America's sons and daughters -- is the bedrock of our nation's trust in our Army."

BG Barrye L. Price, Director, Human Recourses Policy, Army G-1



Korean Delegation visits AMEDDC&S



Maj. Gen. Nam Taik Seo, center, commanding general, Armed Forces Medical Command, Republic of Korea, Col. Hwang II Ung, DCS, Public Health Operation, Maj. Ko Sung Min, Staff Officer, Internal Medicine, CPT Dae Guen Song, Orthopedic Surgeon, Capital Hospital, and Dr. Cha O. Co, Deputy Commander for Host Nations 65th Med Bde gather for a group photo with their host Maj. Gen. Philip Volpe, Commanding General, AMEDDC&S and AMEDDC&S staff. The Korean delegation visited various departments in AMEDDC&S, watched medics in training at DCMT, went to BAMC, ISR, CFI and the Warrior and Family Support Center to learn about the latest in medical training within AMEDDC&S and the US Army Medical Command.





Maj. Gen. Philip Volpe, Commanding General, Army Medical Department Center & School, presents the Legion of Merit award to Col. John Collins, Inspector General, AMEDDC&S, for his work implementing the Medical Education & Training Campus.

Collins recognized for work establishing METC

Col. John Collins is awarded the Legion of Merit by Maj. Gen. Philip Volpe for his extraordinary professionalism and technical expertise meeting critical timelines of construction and outfitting facilities associated with the Medical Education & Training Campus construction directed by the 2005 Base Realignment and Closure (BRAC) and 2006 Quadrennial Defense directives for Joint Medical Education and Training Transformation.

During his tenure as Army Program Manager of the BRAC Program Support Office from November 2010 to April 2012 and as the Medical Education & Training Campus (METC) Program Manager for Logistics and Acquisition from August 2008 to April 2012, he led one of the most complex transformation and integration programs in the Department of Defense (DOD), the largest consolidated training platform in the DOD, totaling more than \$1 billion dollars in academic and administrative space as well as other campus integration projects.

Collins led and managed equipping of 14 new facilities including five medical instruction facilities, five 1200 person barracks, one of the largest dining facilities in the DOD, a physical training center and other campus buildings totaling more than 2 million square feet. His expertise in acquisition management resulted in \$21 million in cost avoidance, funds directly returned to the Services.

Additionally, he authored and executed a first-of-its-kind Initial Outfitting Contract that resulted in \$24 million in executed requirements to ensure Army barracks were equipped and on equal footing with Navy and Air Force dormitories.

Collins was responsible for oversight of planning milestones resulting in \$45 million in direct procurement, execution of \$46 million in contract bid options, and transfer of \$24 million in equipment from five learning centers spread across the country.

Using Military Surface and Distribution Command contract capability, he moved more than 140 truckloads of equipment from the four installations, creating a 24 million savings to the Services.

Collins developed an equipment requirements list for 60 academic programs that served as a baseline for outfitting METC course requirements, including the largest imaging system training deployment of its kind in the world with 68 imaging systems, a cauterization laboratory, and numerous other modality systems.

He developed and implemented a strategy that focused on timely execution of critical milestones and course start dates that allowed Air Force and Navy capability to train in world-class facilities with state-of-the-art equipment without disruption to training cycles.

Collins currently is assigned as the Army Medical Department Center and School Inspector General.

32nd Medical Brigade Highlights

C Company, 187th Medical Battalion Tiger Pride!



Left, Sgt. 1st Class Pierre Harris and Sgt. 1st Class Douglas Wilson, C Company, 187th Medical Battalion, are recognized with honors during graduation ceremonies at the Senior Leader's Course Class 009-12 held Sept. 14 at the AMEDD Chapel. Out of a class of 63, Wilson was awarded the Liter-

ary Award and also earned the Commandant's Award for Physical Fitness with a score of 295 on the APFT.



Left, Sgt. 1st Class Douglas Wilson is awarded the Literary Award during graduation ceremonies for the Senior Leader's Course class 009-12 held Sept. 14 at the AMEDD Chapel.

CONGRATULATIONS TO BOTH!

Nutrition Facts



Are you wondering how to conquer the battle of the bulge? Looking for 100 tasty calorie snacks, nutrition facts, and food allergies. Do you have questions about energy drinks and wonder how to eat smart during the holidays?



Then you need to check out the website <http://www.cs.amedd.army.mil/>. Scroll down to the Hot Topics/News Section and click on the icon, "AMEDDC&S Spotlights Nutrition". You will find many interesting articles about nutrition, how to read nutrition panels, snacks for kids, exercise, trimming calories and much more!



D Company, 232nd Medical Battalion

Staff Sgt. Kevin Nord, D Company, 232nd Medical Battalion has been volunteering as a firefighter with the Camelot Fire Rescue in Bexar County since April 2011.



Not only has Staff Sgt. Kevin Nord spent the last ten years in the US Army perfecting his medical skills as a 68W30(Combat Medic), training the next generation of combat medics for the fighting force, and developing young Soldiers, he has also become a volunteer firefighter with Camelot Fire Rescue in Bexar County. He began his volunteer service with Camelot Fire Rescue in April 2011 and has not thought twice about his duties and responsibilities to those he serves in the Army as well as his community.

His duties while volunteering at Camelot Fire Rescue includes responding to a multitude of emergency calls consisting of medical trauma, vehicle accidents, and different types of fires such as house fires, woodland fires, and other structure fires.

Last summer was a record time for wildfires in Bexar County, due to the combination of record drought, constant temperatures over 100 degrees, and high winds.

On September 11, his team was dispatched to assist with controlling a wildfire near Wetmore Road and Wurzbach Pkwy. Although it is a developed area just east of the Airport, there are still large areas of undeveloped land in the Salado Creek area. Nord was the senior Firefighter of Brush 108B as he and his team arrived on the scene and reported to the Incident Commander. His team was assigned to suppress the spread of the fire northward. The skills he had learned in the Army, such as land navigation and off road driving proved invaluable that day, and allowed him and his team to lead two other crews into their designated area quickly. With a coordinated attack from the urban-wild land interface, they were able to control the spread and maneuver to the back of the target area and eliminate hotspots.

Both crews were recognized by the San Antonio Fire Department Chief for their quick and efficient response. Although 125 acres burned that day, the coordinated multi-agency effort contained the fire and resulted in no damage to nearby structures.

Nord is an example of dedication to duty and self-less service helping protect others in the local community as well as training firefighters and future combat medics.

D Company, 264th Medical Battalion presents school supplies to adopted school



East Terrell Hills Elementary School will make sure no child is in need of school supplies this year. Delta Company, 264th Medical Battalion outdid themselves and on Sept. 10 presented to the school more than \$1200 worth of school supplies. This was the largest single donation in the history of East Terrell Hills Elementary, beating last year's donation by \$500. The donated book bags, paper, notebooks, markers, crayons, glue sticks, will all go to help students in need of the supplies. Each of the battalion companies in 264th had donation boxes for cadre to drop off supplies. The principal of the school, Christina Reck, was overwhelmed with the donation and the generosity so she made Lt. Col. Neil Nelson, commander, 264th Medical Battalion, an honorary East Terrell Hills "Wolf", the school's mascot. The 264th Medical Battalion participates in East Terrell Hills Elementary school activities as part of its FSH Adopt-A-School program. The program contributes military resources and services to the

schools in order to nurture the intellectual, emotional, social and physical growth of children in the Fort Sam Houston area. Currently, ten schools are participating in the program and are supported by various major commands located on Fort Sam Houston. Since the signing of the charter between the school and the battalion in April of 2011, which outlines the terms and areas of responsibilities between FSH and the San Antonio School system, the battalion has supported various school activities such as career day, Dr. Seuss Reading Day, the school's fall festival, and field days with exhibits. Currently the school has 620 students enrolled from

pre-k to the 5th grade. Their motto is "Together We Are Strong. Juntos Somos Fuertes."

Right, Maj. Annette Carter, 264th Executive Officer; 1st Sgt. Charles Hall, B Co.; Cpt. Tony Sabatini, B Co.; Lt. Col. Neil Nelson, Commander, 264th Med Bn; Christina Reck, Principal, East Terrell Hills Elementary School; Cpt. Maxwell Smith, D Co.; 1st Sgt. Keith Blackmon, A Co.; and Cpt. Sean Kiley, A Co., at the school's gym with the school supplies presented to the school Sept. 10.



Lt. Col. Neil Nelson, Commander, 264th Medical Battalion meets kindergartners at East Terrell Hill Elementary School during the school supply donation event held Sept 10 in the school's gym.

"First to strike...Anytime...Anywhere!"



Parade celebrates Mexico's independence from Spain

The date September 16th is to Mexico as July 4th is to the United States.

On this date Mexico declared their independence from Spain, but it wasn't officially recognized until September 27, 1821.

Mexico's War of Independence officially began on September 15, 1810 when a priest by the name of Miguel Hidalgo y Costilla rang a church bell to gather the townspeople of Dolores, Guanajuato. He cried out for the people of Mexico to rise up against Spanish rule.

It is this event, known as the *Grito de Dolores*, named after the town in Guanajuato where the event took place, that is commemorated every year on the night of September 15 in Zocalos, town squares and plazas, across Mexico with patriotic celebrations.

Prior to 1810, the people of Mexico had lived under Spanish rule for nearly three centuries, after Spain conquered the Aztec Empire in 1521. During this time the country was known as New Spain.

Mexican Independence Day is also referred to in Mexico by the date of the event *el Dieciseis de Septiembre* (the 16th of September). This is one of the most important fiestas of the year in Mexico, and the whole month of September is referred to as *el mes de la patria* (month of the homeland). Some people outside of Mexico confuse Mexican Independence Day with [Cinco de Mayo](#), but that is a different celebration.

The road to Mexico's independence was a long and arduous one, many lives were lost. The revolution that officially started on September 16, 1810 continued for many years. September 27, 1821 marked the official beginning of the First Mexican Empire ending three centuries of Spanish rule.

Mexican Independence Day is celebrated with fireworks, flags, food, and parades just as Americans celebrate July 4th. On the night of September 15th the cry of Dolores is re-enacted by local politicians in the public squares of most cities and towns throughout the country. On September 16 there are parades and civic ceremonies commemorating Mexico's independence.

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Left, Col. Richard Gonzales, consultant to the TSG and Director, Army Blood Program and Blood Bank Consultant, Office of The Surgeon General, doesn't hesitate to show off his shoes at the annual 16th de Septiembre parade on Sept. 15 as the WWI ambulance travels along Guadalupe street in San Antonio. Joining Col. Gonzales in the WWI ambulance is his wife, Maj. Monica Gonzales.



Sgt. Brittney Lathrop, back seat, Sgt. Roberto Castro, driver, and Sgt. Robert De La Pena, Training Support Center, 32nd Medical Brigade, volunteer their time to participate in the 31st annual 16th de Septiembre parade supporting veterans with the US Military Veterans Parade Association.



Three year old Grace Melton, dressed in a traditional Mexican dress waves the US Flag as she walks in the parade. Grace is the daughter of SSG James Melton, Training Support Center, 32nd Med Bde. Melton drove the vehicle that pulled the WWI ambulance in the parade.



Sgt. John Schurtz and Spc. Carlos Lara, driver, Training Support Center, 32nd Medical Brigade, spend their Saturday morning supporting the 31st annual 16th de Septiembre parade providing a HUMVEE to Air Force Veteran Master Chief Fil Villarreal. Villarreal belongs to the US Military Veterans Parade Association. This year the annual Veterans Parade will be held Nov. 10.

Third from left, Phillip Reidinger, Director of Communications, AMEDDC&S, joins members of the San Antonio community as a judge at the parade Sept. 15. Reidinger has been supporting this event for the past few years as judge. Hopefully he gave good marks to the AMEDDC&S entries.



Sgt. 1st Class Miguel Rodriguez, passenger, and Staff Sgt. James Melton, driver, both with D Company, 187th Medical Battalion, wave as they drive along Guadalupe Street in San Antonio pulling the WWI ambulance in the parade Sept. 15. Thank you both for taking time out on a weekend to support the community.

Brief background about Cinco de Mayo

Cinco de Mayo commemorates a battle between Mexican and French forces that took place in [Puebla](#) in 1862. In 1861 Mexico faced economic crisis and decided to stop paying its debts to England, Spain and France and concentrate on their internal financial crisis. Then President Benito Juarez was able to resolve the issue with England and Spain but the French had other plans. Napoleon decided to take over Mexico and sent his cousin, Maximilian of Hapsburg, to become emperor and rule Mexico backed up by the French army. The French military were confident they would be able to overcome the Mexicans but were surprised in Puebla, when a much smaller battalion of Mexican soldiers, led by General Ignacio Zaragoza were able to defeat them on May 5th, 1862. The Mexicans triumphed over a much larger and better trained French army. This unlikely victory is a source of pride for Mexicans and is remembered every year on May 5th. Napoleon eventually took over Mexico City until he withdrew the French Army in 1866.



From left, Staff Sgts. Jeremy Omealey, Hector Feliciano, Todd Laird, Tam Thai, and Kenneth Brown, AMEDDC&S Color Guard, march down Guadalupe street carrying the United States, Texas and Army Flags in the 31st Annual 16th de Septiembre parade. The parade is one of several activities in San Antonio that celebrates Mexico's independence from Spain.

AMEDDC&S Chief of Staff speaks to military families at local school



Left, Regina Nicks, chair, Military Appreciation Breakfast, Bush Middle School, and Principal Gary Comalander, present a t-shirt with the schools mascot, the Bulldog, to Col. David Bitterman, AMEDDC&S Chief of Staff, as a thank you for his participation as keynote speaker at the breakfast on Sept. 12 attended by military families and their children who attend Bush

Middle School. This is an opportunity for the school to reach out to the military families to let them know they are offering their support, especially if their loved ones are deployed.



Upcoming Events

October 23, 2nd Annual Graduate School Research Day, Blesse Auditorium, 1 p.m. to 4 p.m. Poster and platform presentations in subjects include the Doctoral Program in Physical Therapy, Graduate Programs in Anesthesia Nursing, Nutrition, Social Work, Anesthesia Nursing, Emergency Medicine Physician Assistant and in Health & Business Administration plus much more.

November 5, The Department of Preventive Health Services health fair entitled: the Environmental/Occupational Health Event is scheduled on November 5, from 9 a.m. to 1 p.m. in the north atrium of Willis Hall, lower level by the snack and food area. Various exhibits highlighting subjects such as CBRNE, Entomology, and Environmental and much more will be on display.

Facts about Seasonal Flu Vaccine

The single best way to protect against the flu is to get vaccinated each year.

There are two types of vaccines:

- The “flu shot” — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. There are two different flu shots available Brooke Army Medical Center:
- A [regular flu shot approved for people ages 6 months and older](#)
- The [nasal-spray flu vaccine](#) — a vaccine made with live, weakened flu viruses that is given as a nasal spray (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). The viruses in the nasal spray vaccine do not cause the flu. LAIV is approved for use in healthy* people 2 through 49 years of age who are not pregnant.

Seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body. Information specific to the 2011-2012 season, including the vaccine formulation, can be found at [2011-2012 Flu Season](#).

When to Get Vaccinated

CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. CDC continues to encourage people to get vaccinated throughout the flu season, which can begin as early as October and last as late as May. Over the course of the flu season, many different influenza viruses can circulate at different times and in different places. As long as flu viruses are still spreading in the community, vaccination can provide protective benefit.

More information about who should get vaccinated, who should not be vaccinated, the effects and side effects about the flu shot and nasal spray can be found by using the website below:

<http://www.bamc.amedd.army.mil/departments/preventive-medicine/aphn/influenza.asp>

All military should receive the Flu Vaccine before Dec. 17, 2012 per AMEDDC&S OPOD 12-038, dated Aug. 9, 2012.

AMEDDC&S Soldiers and DOD civilians can receive the Flu Vaccine in Blesse Auditorium on:

Thursday, Oct. 4, 2012, 7 a.m. to Noon.

IMT Soldiers are scheduled separately through the 32nd Medical Brigade S3.

Below is the Flu vaccine schedule for the Army Community Services (Roadrunner), located in building 2797 on Ft Sam Houston. The vaccine is open to Military, DOD Civilians, and Tri-Care Beneficiaries:

Wednesday, Oct. 3
9 a.m. to 4 p.m.
5 yrs and up

Friday, Nov 16
9 a.m. to 4 p.m.
18 yrs and up

Wednesday, Oct. 10
9 a.m. to 4 p.m.
5 yrs and up

Wednesday, Nov.21
9 a.m. to 4 p.m.
5 yrs and up

Friday, Oct. 12
9 a.m. to 4 p.m.
18yrs and up

Wednesday, Nov. 28
9 a.m. to 4 p.m.
5 yrs and up

Wednesday, Oct. 17
9 a.m. to 4 p.m.
5yrs and up

Friday, Nov. 30
9 a.m. to 4 p.m.
18 yrs and up

Friday, Oct. 19
9 a.m. to 4 p.m.
18yrs and up

Wednesday, Oct 24
9 a.m. to 4 p.m.
5yrs and up

Friday, Oct. 26
9 a.m. to 4 p.m.
18yrs and up

Wednesday, Oct. 31
9 a.m. to 4 p.m.
5yrs and up

Wednesday, Nov. 7
9 a.m. to 4 p.m.
5yrs and up





September 11, 2012 marks the 11th anniversary of the 9/11 attacks that would reshape many facets of life in America. Franklin Delano Roosevelt spoke of the December 7, 1941 attack on Pearl Harbor as a day that would live in infamy and this act of aggression and America's response defined the national character of the greatest generation. For subsequent generations, the tragedy associated with the events of 9/11 would redefine contemporary America in a way that America's entrance into the Second World War shaped our parents' world view.

Following the Day of Infamy, in 1941, we mobilized our entire country—military and industry, Families and communities, men and women—to stop despots with designs that threatened the well being of all humankind. When the fabric of freedom was tested in the crucible of 9/11 – our Nation rallied to our collective defense of America in a way that our forebears would most assuredly approve. Each of us can remember with vivid detail precisely what we were doing as the enormity of this tragedy unfolded. After the initial shock and horror began to wear off- American resoluteness set in.








































Under attacks such as those of 9/11 which are designed to foster a sense of national vulnerability, Americans do something uniquely American. Our communities transform and we grow stronger and more resilient. Since 9/11, we have not wavered in our commitment to freedom; we are stronger and more vigilant. American policies and actions had kept the homeland safe from attack for more than a decade. The passage of the Patriot Act as well as more than 130 pieces of 9/11-related legislation was introduced in the 107th Congress in the immediate aftermath of attacks resulting in no fewer than 48 bills and resolutions approved or signed into law. Government agencies created after 9/11 include the Department of Homeland Security, which consolidated other agencies, including the U.S. Immigration and Naturalization Service. According to The Washington Post, more than 263 government organizations were either created or reorganized following the attacks in an effort to ensure that American was better prepared to defend its borders from those who wished us harm.


On this anniversary, let us not forget the sacrifices of our military and our first responders. I've not expressed enough my profound appreciation for all that you do on behalf of Army Medicine at home and abroad. Keeping America safe for successive generations of Americans is the responsibility of all citizens and on the anniversary of 9/11 - we remember and venerate the sacrifices of those who have paid so dearly for the cause of freedom.



Serving to Heal...Honored to Serve!



 V_r








































pdh

Did you know that the Medical Field Service School (MFSS) was part of the effort to put the first man on the moon?



 Sergeant Major James K. Tanner, a Special Forces Instructor at the MFSS, was a member of the Pad Egress Team at the launch site at the Kennedy Space Center for 14 Gemini and Apollo launches. Except for the astronauts themselves, no one but Sergeant Major Tanner and other members of the Pad Egress team had better seats to the manned Apollo and Gemini launchings.
 


 Tanner was one of three military medical aides and 11 civilian rescue specialists in the Pad egress area, located only 1,600 feet from the launching site. Other known MFSS team members to be involved in the launchings included SFC Samuel H. Mitchell, a senior medical specialist who was aboard the USS *Carpenter*, a Navy destroyer in the Pacific recovery force for the Apollo 14 splash down and SFC Bobbie J. Wettstein, another Special Forces Instructor at the MFSS, who was selected as an Pad Egress alternate in June of 1971.
 

Aabel Hall Foyer History



Since the MFSS's arrival at Fort Sam Houston in 1946, MFSS leadership sought a consolidated training and headquarters facility on Post. The plea went unheard until 1970, when Congress appropriated \$9.8 million for the construction of the first building complex designed specifically for and to meet the needs of the MFSS. Representative Henry B. Gonzales, 20th Congressional District, the person most responsible for securing funds for the construction and principal speaker for the ground breaking on 18 July 1970 struck the MFSS key note mission then and now when he said "the money spent to build and equip the new school should be considered an investment in life for all mankind because the techniques for the preservation of human life developed at the school have universal ap-

plication."

Construction on the facility began immediately after the ground breaking. The Browning Construction Company, a San Antonio-based company, completed construction in the winter of 1972. The 400,000 gross square foot complex was composed of reinforced concrete with precast native quartzite exterior panels. The smaller of the two buildings was designed specifically as an administrative building, although the first floor and basement of the basement contained student-related activities as the officer student battalion personnel services, the school library and reading room, a post office and a book store. The second and third floors contained the Commandant's office and other staff administrative facilities. The larger building, the school house was designed to house 48 classrooms with a seating capacity of 3,000.

On 10 December 1972, the administration building B-2840 and the primary academic building B-2241 of the MFSS were named in honor of Colonel Bernard Aabel, Medical Service Corps, and Major General John M. Willis, Medical Corps. During the building dedication Secretary of the Army, Robert F. Froehlke, announced the MFSS name had been officially changed to the Academy of Health Sciences (AHS)

"It is fitting that the administrative building be named in honor of one of the most outstanding officers in the history of the Medical Service Corps. As chief of the Corps from 1955 to 1959, COL Bernard Aabel, MSC, contributed continuously to the advance of the Corps and the diversified talents of its member. Under his leadership the Corps achieved the importance and esteem it now holds as a member of the team of the U.S. Army Medical Department." COL Aabel served through five campaigns in the European Theatre during WWII and was wounded in action. During the Korean War, he was Deputy Commanding Officer of the Medical Replacement Training Center, Camp Pickett. His service included duty with the Surgeon General's Office, with the Military Attaché to Finland and as Chief, Medical Service Corps.

The Medal of Honor display was dedicated in the foyer of Aabel Hall on 12 July 1985. Designed, constructed, and donated by the noncommissioned officers at the AHS, the display was dedicated to the United States Army Medical Department soldiers awarded our nation's highest military award – the Medal of Honor. At the time of unveiling there were 48 AMEDD MOH recipients.

The display was formerly dedicated by MG William P. Winkler Jr., AHS commandant, with assistance from BG Patrick Brady, MSC, AMEDD MOH winner from Vietnam.

Radio Personalities tell the AMEDDC&S Story

Tune in to 930 AM on KLUP radio every Saturday morning at 8 a.m. for the Military City USA program. Chances are members of staff, faculty or senior leaders of the AMEDD and AMEDD Center and School will be guests on this talk show that features topics related to the missions of more than 200 military missions in San Antonio. The AMEDD Center and School is featured prominently on the radio show with guest appearances. **This month on Saturday September 22, Maj. Gen. (ret) Chuck Rodriguez, board member of San Antonio's Alamo Chapter, Association of the United States Army, discussed the Army's Best Medic Competition as a guest on local KLUP radio station. On Oct. 13, Lt. Col. David Muller and Master Sgt. Jeffery Hamilton will be guests highlighting the Best Medic Competition.** The program is at <http://www.klup.com/Podcast.aspx?showid=78> . Enjoy all of the program or move the program time bar to about 21 min into show to hear more about the Army's Best Medic Competition 26-28 October at Camp Bullis. **Check it out!**

A tri-signed letter from the Secretary of the Army; Chief of Staff, Army; and Sergeant Major of the Army, subject: National Preparedness Month - September 2012 can be found at

<https://www.us.army.mil/suite/doc/37472316>

The Ready Army website, www.acsim.army.mil/readymil, provides recommended supply lists for 48-72 hour individual and family survival kits, and other important information.

Army Strong!

Christmas came early for the lucky winners of the Holiday Ball Baskets drawing held on Friday, Sept. 21. The proceeds from the sale of the tickets goes towards the cost of the annual AMEDDC&S Holiday Ball to be held December, 7 at the Sam Houston Club. Below are two of the five lucky winners. Enjoy!



Sgt. Maj. Janie McCoy presents two lucky winners their Holiday baskets. Below Col. Donna Dolan, CSBPO, is all smiles as she holds on to her winning basket, the Wine Cellar. Left, Rhonda Foster with G8, can't wait to see what goodies her basket will reveal.



Army Surgeon General dedicates Medal of Honor Walk



Left, Al Dominguez, AMEDD Museum, Lt. Gen. Patricia Horoho, Army Surgeon General and Commanding General, US Army Medical Command, Maria Rocco, widow of Medal of Honor recipient Louis Rocco, and retired Maj. Generals. Patrick Sculley and Kenneth Farmer, Jr., Scott Schoner, AMEDD Museum and Michael Macias, Architect cut the ribbon officially opening the Medal of Honor Walk at the AMEDD museum.



Architect's rendering

The U.S. Army Medical Department Museum is now the home of the nation's first monument recognizing AMEDD recipients of the Congressional Medal of Honor. Lt. Gen. Patricia D. Horoho, Army Surgeon General and Commanding General, US Army Medical Command,, officially dedicated the AMEDD Medal of Honor Walk Sept. 28.

MG (Ret) Patrick Scully, Deputy Surgeon General from 1998 to 2002 served as Master of Ceremonies for the event that signifies "the fulfillment of a dream" for him and many others who envi-

sioned the monument as an outdoor memorial and living reminder of 52 AMEDD members who took actions of uncommon valor and sacrifice resulting in the award of the nation's highest military recognition.

"Those we honor with the AMEDD Museum Medal of Honor Walk epitomize the sacrifice and service that has always been the legacy of the AMEDD," said MG (Ret) Sculley. "We desire to not only honor the Medal of Honor recipients, but to pass their legacy from generation to generation of 'Medics'."

The grounds surrounding the AMEDD Medal of Honor Walk reflect a venue to revere and inculcate the traditions and values that are at the heart of AMEDD heritage. The two-acre site adjacent to the AMEDD Museum is a beautifully landscaped area of the museum grounds which permits curved walkways for leisurely strolls along sidewalks with Walk monument stations listing the names of soldier "medics" from each of the Nation's wars who have been awarded the Medal of Honor. Among them is the only female recipient of the Medal of Honor, AMEDD surgeon Dr. Mary E. Walker, who was awarded the Medal of Honor for valor during the Civil War.

"This is the fulfillment of a dream for the Museum Foundation. It is very nice to be a part of a special project. We have completed the build out of our acreage and provided a lasting tribute to our Medal of Honor recipients," said Sculley.

The Medal of Honor Walk expands the AMEDD Museum grounds to include a fully functional 250 seat amphitheater for ceremonies, programs, classes, and presentations in an environment where there is always present a reminder of the full meaning of being a Medic. The \$1.6 million Walk facility was built with private donations from individuals who wanted to preserve the history of the Army Medical Department. The AMEDD Museum Foundation was established to raise funds that built the main museum facility over three major projects. The last project was the Medal of Honor Walk and Amphitheater.

For additional information on AMEDD Medal of Honor awardees, go to the AMEDD Medal of Honor landing page on the Army Medical Department website located at <http://ameddregiment.amedd.army.mil/moh/awardees.html>

The current AMEDD Museum officially opened its doors in November 1989 and is considered a "world class" and a "standout" facility in the Army Museum system. It serves as a living reference library and research facility for students of all ages who have an interest in military medicine. It also augments the training of the more than 36,000 military and civilian students who attend the U.S. Army Academy of Health Sciences at Fort Sam Houston, Texas, each year.

 ★
 ★ **Special to the AMEDDC&S Newsletter** ★
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**Defense Medical Readiness Training Institute (DMRTI)
presents AMEDD TV deceased employee's mother an award**

Former AMEDD TV civil service employee, Jeronimo Antonio Aleman, who died May 26, 2012 at the age of 56 received a thank you award and coin from DMRTI. On Sept. 10 DMRTI U.S. Navy LCDR Shawn Passons, pictured far left; Air Force SSgt Samjuanita Cazares, front right, and US Army SSG Jason Mass, right, presented Jeronimo 's mother, Mrs. Helen Joyce Strong, (seated) , the coin and award for the graphic work Jeronimo performed for their Combat Casualty Care Course (C4) production. Multiple AMEDD TV employees received a group award for the Combat Casualty Care Course (C4) production. The employees who received the awards were Larry Lonas, Christopher Snell, Robert Smith, James Cottle, Matthew Hiebel, Thomas Trudzinski, (seated), Christopher Salazar and Mrs. Helen Joyce Strong, Jeronimo's mother

Mrs. Strong has prepared an individual fruit cake for the AMEDD TV employees for the last ten years. The employees will always remember Mrs. Strong kindness during the Christmas holidays.

Command Calendar

October

2	1200	Hispanic American Heritage Month Observance - Host Command: 470 th Military Intelligence Bde Location: Blesse Auditorium Guest Speaker: CSM Gabriel Cervantes Command sergeant Major US Army South
5		Training Holiday-AMEDDC&S
8		Federal Holiday-Columbus Day
8-9		BG John S. Regan Director, Requirement Integrator Directorate, ARCIC (AMEDDC&S/MCIC)
7-13		Fort Sam Houston Fire Prevention Week (FSH Fire Department)
11 Oct - 4 Nov		Medical Strategic Leadership Program (20) - AMEDDC&S
12 Oct		Central Catholic High school Tour (50) - AMEDDC&S/502 nd MSG/METC
12	1700-2300	Oktoberfest
13	1200-2300	Location: Fort Sam Houston Flagpole & MacArthur Field
23	1300 1600	2 nd Annual Graduate School Research Day Location: Blesse Auditorium POC: AMEDDC&S / PAO
25		Superintendent Leadership Network (50 school superintendents) (AMEDDC&S)
26-28		The CSM Jack L. Clark, Jr. Best Medic Competition (BMC) Location: Camp Bullis
30 Oct - 11 Nov		42 nd Anniversary Celebrate America's Military "CAM 2012" - www.celebrateamericasmilitary.com



The **Expert Field Medical Badge** is one of the most prestigious badges for AMEDD Soldiers. The EFMB is awarded to Soldiers that can successfully pass a 12-mile foot march, three combat lanes that test warrior and medical tasks simultaneous, day and night land navigation, and a written test. Annually, only about 17% of candidates that attempt EFMB are awarded this special skill badge. Leaders need to encourage their Soldiers to test for the EFMB. Training prior to attending EFMB is the most important factor that Leaders can do to help their Soldiers become part of this small percentage that has earned the badge.

For information on EFMB visit the EFMB Test Control Office website. (AKO Log-in required) <https://www.us.army.mil/suite/page/140048>



AMEDD Center & School

We save lives

We excel at our missions

We care for people

We strive to be the best

And we use resources wisely

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter: All Newsletter submissions should be sent NLT the 3rd of each month for posting. Please send your submissions to phillip.reidinger@amedd.army.mil and esther.garcia1@amedd.army.mil

(We reserve the right to edit submissions)

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